WHY THIS KISS IS SUCH A BIG DEAL

WESTWOOD in metroVIEWS

Winnipeg metro

Your essential daily news | TUESDAY, AUGUST 11, 2015

High 30°C/Low 18°C The heat wave begins

LOVE TO RUN

TIPS FROM LENA DUNHAM'S COACH

metroLIFE

SOUL MUSIC

The cast of Sister Act show off their moves and their pipes

metroNEWS

DONNA MAXWELL/FOR METRO

Freedom Rd. supported 'in principle'

SHOAL LAKE

Tory MP urges feds to pony up

The federal Conservatives say they have committed in principle to address a remote First Nation's plight that has become an election campaign issue, but the community's leadership isn't convinced the promise is anything new.

Shoal Lake 40 First Nation, which straddles the Ontario-Manitoba boundary, has been under a boil-water advisory for 17 years and has no all-weather road. It was separated from the mainland a century ago when an aqueduct was built to send fresh water to Winnipeg.

The city and province committed earlier this year to each fund one-third of the $30-million road, with the remainder to come from Ottawa. Liberal Leader Justin Trudeau promised last month to pay the federal share if his party is elected.

In June, Natural Resources Minister Greg Rickford, the MP for the area, would not promise to pay for the road but reiterated a $1-million commitment for a design study. Some Shoal Lake residents wept openly as Rickford refused to commit to construction.

On Monday, the Conservatives issued a short statement that said the study is, in essence, a commitment in principle to building the road.

The statement came hours after a departing Conservative MP said the government should help build the road. Joy Smith, who is not running for re-election, said she felt strongly that the road would help the community gain access to education, health care and other services. THE CANADIAN PRESS

Enhance Your Employability

REGISTER NOW!

Download or pick up your copy of the **Fall 2015 Course Schedule**.

Visit **rrc.ca/coned** for more information.

THE DIFFERENCE IS HERE

204.694.1789 OR 1.866.242.7073 | CDE@RRC.CA | RRC.CA/CONED

HURRY!
OFFER ENDS
SEPT. 18

Join RBC. Enjoy better banking.

iPad mini 2

Get a Complimentary iPad mini 2*

Join RBC and we'll give you an iPad mini 2, so you can enjoy a better banking experience.

Open a new all-inclusive banking account and get great features like no minimum balance requirements, free† *Interac*‡ e-Transfers, and non-RBC ATM fee refunds in Canada^. Plus, you can bank conveniently with the RBC® Canada app available in the App Store.

It's back until September 18, 2015.

Visit rbc.com/getipad or call 1-866-864-9755

RBC®

*Conditions apply. To get an iPad mini 2, you must be a new eligible personal client, open either an RBC Signature No Limit Banking account or RBC VIP Banking account during the promotional period, and complete criteria by October 19, 2015. Offer available from August 6, 2015 to September 18, 2015 but may be changed or withdrawn at any time without notice. Clients who received the iPad mini in 2014 or iPad mini 2 in the 2015 campaign that ran between April 30th and June 15th are excluded. †RBC Signature No Limit Banking account includes 15 *Interac*‡ e-Transfers per monthly cycle. RBC VIP Banking account includes unlimited *Interac*‡ e-Transfers. Other conditions and restrictions apply. ^RBC will refund the *Interac*‡ network access fee up to a maximum of three (3) refunds per monthly cycle, if used, for RBC Signature No Limit Banking (SNL) accounts and unlimited times for RBC VIP Banking accounts. ATM operator surcharge (also called a convenience fee) may be charged by other ATM operators and added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee and is added directly to the amount of your cash withdrawal. All clients who use non-RBC ATMs may be charged a convenience fee regardless of the type of account they hold. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡All other trademarks are the property of their respective owner(s).

metro NEWS

Your essential daily news

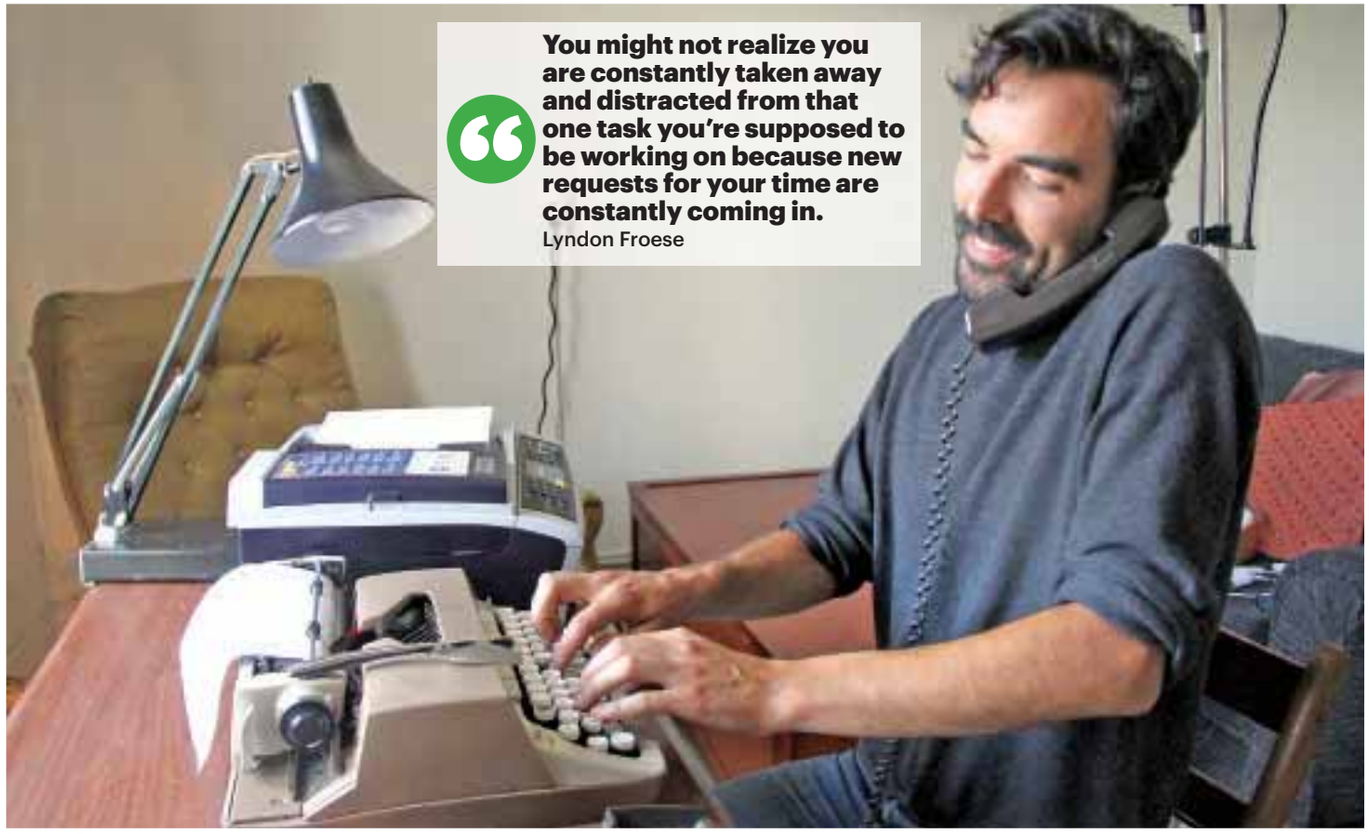
Astronauts chow down on lettuce grown in space. **World**

A month of the low-tech life

GADGETS

Podcaster says experiment felt like 'total freedom'

Dave Baxter
Metro | Winnipeg



> **You might not realize you are constantly taken away and distracted from that one task you're supposed to be working on because new requests for your time are constantly coming in.**
> Lyndon Froese

Lyndon Froese shunned modern technology and communicated with only a landline, typewriter and fax machine for an entire month. DAVE BAXTER/METRO

He had no smartphone, no social media, and no computer, but for Lyndon Froese it was no problem.

Froese, a 30-year-old podcast producer, made the decision to go an entire month earlier this year without any technology that has a screen.

"It was a feeling of total freedom because our technology can be like a digital leash," said Froese.

He communicated using only a landline and a fax machine, and his landline didn't even have an answering machine.

The idea came to Froese about five years ago when he took a long bike trip and had no Internet access during the trip.

During the trip he didn't miss the constant feeling that he had to check his phone.

"There is a cost to constant distraction and knowing that any conversation you're having could be interrupted at any moment by a phone."

Although many would argue technology can lead to better productivity at work, Froese thinks that's not necessarily true.

"You might not realize you are constantly taken away and distracted from that one task you're supposed to be working on because new requests for your time are constantly coming in."

Froese said that during the month, conversations with friends "were richer and more fulfilling" because he had to talk to them and not just text.

He also remembers kids hanging out and making plans without cell phones or social media when he was young.

"And somehow it all worked," said Froese.

Some amusing moments came up during the experiment, like having to rush home if he knew an important call was coming in, or having to send faxes of hand-written notes to get a message to people.

Froese has created a podcast where he talks about his no-technology experiment and other social experiments he and others have done which can be found at bipedradio.com.

ASK ABOUT OUR EVENING CLASSES!

DENTAL ASSISTANTS IN MANITOBA EARN A MEDIAN WAGE OF **$20/HR*!**

Train for a rewarding career in oral healthcare! Apply today and you can earn your **Intra Oral Dental Assistant** diploma in less than a year.

Financial assistance may be available to qualified applicants.
*jobbank.gc.ca

CDI COLLEGE ALSO OFFERS PROGRAMS IN:

- Accounting & Payroll Administrator
- Addictions & Community Services Worker
- Health Care Aide
- Legal Administrative Assistant
- Medical Office Assistant
- Network Administrator
- Network & Database Administrator
- Network & Internet Security Specialist
- And More!

1.800.360.7186 STUDY.CDICOLLEGE.CA

CALL TO MAKE AN APPOINTMENT AT OUR WINNIPEG CAMPUS TODAY

CDI college

TRANSIT TUESDAY
Weekly Transit News Update

WINNIPEG TRANSIT IS HIRING!

Bus operator applications are being accepted this Friday and Saturday at the Garden City Shopping Centre.

If you're looking for a long term career opportunity that offers above average pay and superior benefits then drop by the Garden City Shopping Centre this weekend and talk to our recruiters. Don't miss your chance to join the team of professional bus operators at Winnipeg Transit. A fully paid 6 week training program is provided to successful candidates.

Look for our display booth in Centre Court at the Garden City Shopping Centre, 2305 McPhillips Street!

For more career information, visit winnipegtransit.com

GOING TO THE BOMBER GAME?

Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when going to the game. After the game, all regular service and extra regular service buses on routes 75, 78 (via Cambridge and via Kenaston) and 160 will be lined up on Chancellor Matheson heading west towards Pembina. The post-game service is free, courtesy of the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information.

Don't forget, there are eight Park & Rides locations throughout the city, offering convenient, non-stop service to and from Investors Group Field. NOTE: Route 3, St. Vital Park and Ride is now located at Centre Scolair Leo-Remillard, 1095 St. Anne's Road. Visit bluebombers.com for more Park & Ride information.

MILLENNIUM LIBRARY SERVICE CENTRE

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is open Monday to Friday, from 8:30 a.m. to 4:30 p.m.

GET INTO THE DOWNTOWN SPIRIT!

The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you, for complete route and schedule information visit winnipegtransit.com or call 311.

TV star Safari Jeff says he was handed a $1,500 fine for his show on the weekend. HANDOUT

Safari Jeff lands on 'get outta town' list

ENFORCEMENT

Man posing as animal services officer makes complaint

Donna Maxwell
For Metro | Winnipeg

Safari Jeff says he loves Winnipeg, despite the fact a fake animal services officer cost him $1,500 in fines and landed him on the city's "get outta town" list.

"Once in a while you'll get haters and sure enough that's what happened this Friday," said Jeff McKay, a.k.a. Safari Jeff.

"A person posing as somebody else, pretending to be an animal services guy, came in and said 'I'm gonna seize those animals.' As the truth came out ... it turns out he's just some guy that has a reptile business of his own, so basically a hater."

The alleged hater contacted the city, McKay said, and the city did what it had to do, which was act on the complaint.

Animal Services COO Leland Gordon said the bylaw will be enforced.

"Both safety and humane issues encompass the rationale for animals included in the by-law."

McKay was in Winnipeg over the weekend performing his Safari Jeff show, which features lizards, snakes and a crocodile, at Kildonan Place. Several of McKay's exotic animals are banned under the city's responsible pet ownership bylaw.

McKay said he had the option of packing up and leaving immediately, or, he could take a $1,500 fine and have three days to get out of town.

> **"As the truth came out ... it turns out he's just some guy that has a reptile business of his own, so basically a hater."**
> Jeff McKay, a.k.a. Safari Jeff

"I said I will gladly take that fine and the three days' grace, then I can finish my obligation here at Kildonan Place and see several thousands of families that look forward to it," McKay said.

Corey Quintaine, marketing manager for KP mall, said the shows were a hit.

McKay said he heard rumours more than a year ago that the city had amended its bylaw and he made an attempt to find out how it affected him.

He contacted the provincial department of fish and wildlife, and was told his collection of reptiles and such were all permitted.

He then tried to contact the city, but got snarled in the 311 system and wasn't able to speak to anyone. He made a final call to the mayor's office — at the time Sam Katz — and got a voice message, but no option to leave a message.

McKay said he hopes city council will make concessions to allow him to return to the city, like Oshawa, Ont., did.

"They give me an exemption for the three days I go visit."

THEATRE

Sister Act ready to hit Rainbow Stage

Cast members of Rainbow Stage's production of Sister Act have been rehearsing religiously for the production, which starts this Thursday, and they're ready to deliver an inspiring performance of the legendary show.

"It's a really fun production, it's a joyful piece," said Donna Fletcher, a Winnipeg actress and director who plays Mother Superior in the Rainbow Stage production.

"It's all about finding home, finding your place, finding your role in the world."

The Rainbow Stage version of the show is set in the '70s, as opposed to the '90s like the Whoopi Goldberg movie version.

Composer Alan Menken said he decided to make the two-decade jump.

"My first thought, the first gut level decision I made, was 'I'd like to do this in disco'," Menken said.

"It was a flashy era, with the disco balls, and sequins, very entertainment oriented and glitzy."

Sister Act runs in Kildonan Park from Aug. 13 to Sept. 1.

DONNA MAXWELL/FOR METRO

Saccha Dennis plays Deloris in Rainbow Stage's production of Sister Act. DONNA MAXWELL/FOR METRO

INQUIRY

City told to submit rapid transit docs

Dave Baxter
Metro | Winnipeg

The city has been ordered to hand over documents about the second phase of rapid transit to an inquiry.

On Monday, inquiry officer George Ulyatt said the city must hand over a number of documents or parts of documents requested by lawyers of property owners fighting expropriation for the second phase of the southwest rapid-transit corridor.

"I always err on the side of caution in thinking it is better to disclose more of what is requested rather than to disclose less," said Ulyatt.

Ulyatt said the disclosure process is important "for parties to understand the nature of the effect, and why certain decisions have been made."

Lawyers are trying to get to the bottom of decisions made, such as why the corridor runs down the controversial Parker lands route, and why it crosses Pembina Highway into the University of Manitoba at Southpark Drive, and not at the originally planned Markham Road location.

Last week, lawyers Mark Newman and Antoine Hacault requested the city release the project's functional design study, the Markham intersection analysis study and a cost comparison of two possible routes for Phase 2.

But last Thursday, city lawyer Denise Pambrun refused to release the documents, calling it a "waste of time and paper."

She also said she was concerned releasing financial information could affect upcoming bidding and procurement processes, and she didn't know if some of the requested documents existed.

Ulyatt said the city could omit parts of requested documents if they are deemed confidential, and he would review those omissions.

Eight out of 33 property owners have filed objections to expropriation, and the purpose of the inquiry is to determine if those expropriations are fair and reasonable, though the city doesn't have to change its plans based on the outcome of the inquiry.

The inquiry continues Tuesday.

City lawyer Denise Pambrun refused to hand over a number of requested documents last week during a rapid transit expropriation inquiry. DAVE BAXTER/METRO

Gimli MLA Peter Bjornson, who stepped down suddenly on Monday, was first elected in 2003. METRO FILE

Former NDP minister Bjornson resigns seat

POLITICS

Gimli to stay without representative until election

A Manitoba politician who spent more than a decade in the NDP cabinet resigned his legislature seat Monday, eight months before the next election.

Peter Bjornson had already announced in April that he would not run for re-election, citing a desire to spend more time with his family and trouble with his back. He said Monday he was vacating his seat early, partly in order to find new work.

"I have yet to sign a contract or get a new job, but it's time to actively pursue that," he said.

Bjornson, 51, was first elected in 2003 and held cabinet portfolios including education, housing and trade. The former teacher said he expects his new career might be in the education field.

His decision means Gimli likely won't have a representative in the legislature until the election slated for April 19. Premier Greg Selinger is not obligated to call a byelection to fill the seat, because provincial law allows seats to remain vacant for up to one year.

> **"I'm very much looking forward to what the next chapter would be."**
> Peter Bjornson

Bjornson backed Selinger in a leadership battle last winter. Five senior cabinet ministers called on Selinger to quit as the party plummeted in opinion polls. Selinger barely survived the challenge, beating rival Theresa Oswald by 33 votes at the NDP annual convention in March.

Bjornson said the leadership crisis was not a factor in his decision. He said he has been looking forward to stepping away from the demands of political life.

"I was absolutely thrilled that the premier prevailed as leader ... and I do believe that the team, working together and working hard, can prevail in the next election as well," he said.

"My wife reminded me of a 31-day month where I was away for 27 nights."

"(Politics) takes a tremendous toll on the family. That said, they were incredibly supportive. Now it's my turn to be incredibly supportive of their pursuits." THE CANADIAN PRESS

Daily Specials at Joey's Restaurants

Tuesday
All You Can Eat Fish & Chips
$11.49
Our Famous Battered Fish served with Coleslaw

Wednesday
1 pc. Haddock & Chips
$9.99
Traditional English Fare served with Coleslaw

166 Meadowood Dr 204.257.7544
1615 Regent Ave 204.668.7021
3421 Portage Ave 204.889.0346
1399 McPhillips St 204.339.5525
19-584 Pembina Hwy 204.452.7071
Not valid with other offers.
Franchise Opportunities. 1.800.661.2123. joeys.ca

JOEY'S RESTAURANTS

CBC reporter accepts apology

VANCOUVER

Teen disrupter embarrassed, remorseful over on-air incident

Emily Jackson
Metro | Vancouver

CBC reporter Megan Batchelor has accepted an apology from the teen that ambushed her live broadcast to kiss her cheek and take a selfie at the Squamish Valley Music Festival.

Batchelor, who filed a report with Squamish RCMP about the Friday incident that left her angry and embarrassed, spoke with the 17-year-old Saltspring Island resident Daniel Davies after he reached out to her on Monday.

"He's utterly embarrassed, totally remorseful, and he said all the things we wanted him to say," she told Metro on Monday.

CBC reporter Megan Batchelor said she was "rattled" when a stranger kissed her while she was covering B.C.'s Squamish Valley Music Festival. On Monday she expressed gratitude for 17-year-old Daniel Davies' offering of regret for his actions. TWITTER.COM

And Davies owned up to what happened. Speaking to Batchelor on a clip that aired on CBC radio, Davies' voice shook with emotion as he apologized.

"I was reading a lot of comments saying that things do happen at festivals, but I don't think that is right at all. Honestly, I think at the moment I thought it was a joke, then I stepped in your shoes. That's when I kind of realized that it all was not a joke at all," Davies said. "That's your career. It's also your body, and you have complete control over that and without anyone else's consent, they do not have the right to do anything to anyone.

"I wish I understood that before I did it, but like I said, I made the mistake already and I want to make the best of the situation."

Batchelor is relieved Davies is taking the incident seriously. The complaint is in the RCMP's hands, but she told CBC she does not want to see him end up with a record.

"I'm not offended by a kiss on the cheek, I'm not a prude. I'm offended that someone felt like it was OK for someone to bombard me while I'm doing my job," she said.

"I just really hope these people think for a second... this is a conversation that needs to be happening."

ONGOING ISSUE

Megan Batchelor hasn't been the only reporter to be disrupted on live television lately. "This is just something that's happening way too often," she said, noting many colleagues have experienced similar things or have been shouted at with the inexplicably popular phrase "F— her right in the p—-" predominantly directed at female TV reporters.

United Nations Association in Canada
Association canadienne pour les Nations Unies

Sport UNites

Pan Am / Parapan Am Games Celebration 2015
Celebrating Harmonious Diversity and Inclusion through Sport

The United Nations Association in Canada (UNA-Canada) is celebrating the Pan/Parapan American Games in **Winnipeg on Wednesday, August 12th**. Youth 9-18 years of age are engaged in the excitement and unifying spirit of the Games using simulations and sport activities to promote Canadian values of *harmonious diversity and inclusion*. Youth will simulate the Games' Opening and Closing ceremonies, while learning about countries of the Americas and building new friendships. The day is held in conjunction with UN International Day of Youth.

To learn more about *Sport UNites,* the planned Games simulation, and sports activities, visit: unac.org/sportunites or call the UNA-Canada National Office at (613) 232-5751.

You can borrow a book,
but you get to keep the ideas.
NATIONAL READING CAMPAIGN
Reading's goodness is contagious. Help us spread it around some more at nationalreadingcampaign.ca
TD
metro
TORONTO STAR
thestar.com
Strong Supporters of Literacy

NDP Leader Tom Mulcair speaks before signing copies of his new book Strength of Conviction in Toronto on Monday. Politics followed Mulcair at the event, as protesters demanded to know his stance on the Energy East pipeline.
GALIT RODAN/THE CANADIAN PRESS

Harper ramps up anti-terror defence

ELECTION 2015

Tory leader slams rival Opposition as misguided

The Liberals and the NDP would fight insurgents overseas by doing little more than "dropping aid on dead people," Stephen Harper said Monday as he doubled down on the Conservative party's tough-on-terror strategy.

With this week's return of Mike Duffy promising another barrage of banner headlines and awkward campaign-trail questions, Harper struck a defiant tone as he defended putting Canada front and centre in the global fight against militants in Iraq and Syria.

He showed a softer side, promising to take in 10,000 more refugees from both countries over the next four years and to spend $90 million to help protect artifacts and places of worship from the Islamic State of Iraq and the Levant (ISIL).

But when talk turned to Canada's aggressive military approach, Harper's language grew sharp as he described how ISIL was engaged in "mass slaughter at an alarming, lightning pace" when the Conservative government got involved.

"If your policy is humanitarian assistance without military support, all you're doing is dropping aid on dead people," he said during a campaign stop in Markham, Ont., describing the position of "diaspora groups" in Canada.

"That's not acceptable. We're a country that can contribute militarily and in a humanitarian sense, and we are doing both."

Harper brushed off the criticisms of NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau, who have rejected military action and called for Canada to stick to providing humanitarian aid.

> **Canada is a country that respects people's rights.**
> Liberal Leader Justin Trudeau, responding to the PM's move

Offering safe haven to refugees simply isn't enough, he added.

When asked about his eyebrow-raising promise Sunday to impose an outright ban on travel to regions controlled by terror groups, Harper repeated the day's sound bite of choice, saying such travel is "not a human right."

That's political posturing, Trudeau scoffed during a morning event in Montreal, calling the idea a distraction meant to draw attention away from the Conservatives' dismal economic record.

NDP Leader Tom Mulcair began the day in Toronto, attending a book-signing event that had been scheduled long before the election campaign was.

Politics, however, stood up and demanded attention.

Friendly protesters armed with banners stood up and confronted the NDP leader about his position on the Energy East pipeline, demanding to know if he would oppose the project if it proved incompatible with national action on climate change.

Sure, Mulcair replied.

THE CANADIAN PRESS

CAMPAIGN TRAIL

Where the leaders are:
Today, Mulcair is scheduled to be in Quebec, Trudeau will be in Montreal, and Green Party Leader Elizabeth May will be in B.C. Harper's itinerary was unavailable.
THE CANADIAN PRESS

MEET HERE. SHOP HERE.
PORTAGE PLACE
SIDEWALK SALE
AUGUST 12 to 19

Shooting report released

OTTAWA

City reverses decision to censor Oct. 22 attack findings

Steve Rennie
Metro | Ottawa

There were not enough security guards on duty to quickly lock down Ottawa City Hall the day a lone gunman shot and killed a soldier on sentry duty at the National War Memorial and stormed Parliament Hill. The three guards stationed at City Hall needed the help of by-law officers — who fortunately happened to be in the building — to help them secure the premises after Michael Zehaf Bibeau launched his deadly attack last October.

"It is not possible for the three security guards that work within the facility to conduct a quick and effective lockdown of the City Hall and Heritage building with the existing physical security strategies and equipment."

A police officer secures the scene of a shooting on Parliament Hill in Ottawa on Wednesday Oct. 22, 2014. ADRIAN WYLD/THE CANADIAN PRESS

That is just one of the findings of a trio of reports that looked at how the city responded to the Oct. 22, 2014 attack in the nation's capital — including one with a list of recommendations city staff had refused to divulge.

The findings of the reports call into question the city's assessment of its response to the attack, which lauded Ottawa's emergency management program as being "effective and efficient." Indeed, one of the reports found a "lack of guidelines, policy, plans or procedure for city facilities in relation to protective measures for staff and the facilities."

It found internal communications to city staff and people inside City Hall were "slow and inconsistent," while the messages relayed to these people were "not precise with clear instructions/directions." The report also says there were "inter-agency struggles in relation to roles and responsibilities."

These findings are now coming to light following Metro's complaint to the province's information commissioner over the city's decision to censor all of the recommendations of its March report on the city's response to the October 2014 shooting.

20

The city's report contains 20 recommendations that city hall had previously refused to divulge.

The city has now released all 20 of the recommendations it had previously refused to divulge (the censored copy of the report released to Metro in June wrongly said there were 94 recommendations). The recommendations in the city's report are based on the findings of two separate reports done by consulting firms Lansdowne Technologies Inc. and Security Through Safe Design Inc.

The city is now acting on some of the recommendations, Di Monte said. One of the first orders of business was to deal with the security camera issue. It's too soon to say whether the city will bring in more security guards, Di Monte added.

TREATY

Enforce anti-dump measures: U.S. senator

A Michigan senator wants to invoke a U.S.-Canada treaty to prevent construction of a nuclear waste disposal facility about one kilometre from Lake Huron.

U.S. Sen. Debbie Stabenow says she's seeking a study by the International Joint Commission of risks the project might pose to the Great Lakes.

The Michigan Democrat's bill would order the U.S. State Department to ask Canada to delay a decision on the waste facility until the study is finished.

Ontario Power Generation wants to bury hundreds of thousands of cubic metres of low- and intermediate-level nuclear waste 680 metres underground at a site near Kincardine, Ont.

The company says there's virtually no chance the project will contaminate the lake, but opponents say anything could happen.

Approval of the project rests with Environment Minister Leona Aglukkaq, who has said she'll make a decision by Dec. 2. THE ASSOCIATED PRESS, WITH FILES FROM THE CANADIAN PRESS

HEALTH

Legal access to methadone decreases HIV transmission: Study

Increasing access to methadone treatment through primary-care doctors and pharmacies significantly cuts the spread of HIV, according to research involving Vancouver residents addicted to opioids.

Injection drug users who were not prescribed methadone were almost four times more likely to become HIV-positive, found the study, published in the medical journal The Lancet HIV.

Methadone treatment prevents withdrawal from opioids such as heroin.

The findings provide critical support for British Columbia's methadone maintenance program, which is currently being reviewed by the provincial government, the study's lead author said.

"If you were on medication for your diabetes but you had to travel across your city to get your medication every day from a specialty clinic, and not go to your pharmacy around the corner, you'd be significantly less likely to go," said Dr. Keith Ahamad, with the BC Centre for Excellence in HIV/AIDS.

The treatment has been controversial, and the government's review involves some pharmacies being shut down because staff were providing financial incentives to patients filling their prescriptions.

Health Canada handed responsibility for methadone programs to the provinces in 1996, when the new study began.

Between 1996 and 2013, researchers followed 1,639 HIV-negative injection drug users. They found the vast majority of 138 people who were infected with HIV over that time were not taking methadone.

HIV infections are rising where methadone treatment is illegal, said Ahamad. THE CANADIAN PRESS

ROTARY CLUB OF WINNIPEG
RIBFEST
2015
"HELP US PUT SMILES ON CHILDREN'S FACES!"
$5 ADMISSION
AUGUST 29/30
FESTIVAL STAGE AT THE FORKS
SATURDAY - 11AM-11PM • SUNDAY - 11AM - 7PM
SILENT AUCTION
50/50 DRAW
BEER GARDEN
ENTERTAINMENT
BARBECUE
AND MUCH MORE...
FEATURING THE BAND SLIP'D DISC
AND BARBECUE FROM SMOKIN' HAWG BBQ CO.
TICKET INFO
WWW.WINNIPEGROTARY.ORG
FUNDS RAISED TOWARDS LOCAL PROGRAMS FOR YOUTH
SUMMER LEARNING ENRICHMENT PROGRAM FOR UNDERSERVED CHILDREN. YOU CAN DO IT SCHOLARSHIPS, ABORIGINAL LITERACY

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION
Shape Your Future
CONTINUING EDUCATION OFFERS:
• Innovative programming
• Instructors with industry experiece
• Flexible delivery options (in-class, online or on-site)
• Hands-on learning and opportunities to gain practical skills
• Industry-recognized certifications
Visit rrc.ca/coned for more information.
REGISTER NOW!
Download or pick up your copy of the Fall 2015 Course Schedule.
Course Schedule Fall 2015
THE DIFFERENCE IS HERE
204.694.1789 OR 1.866.242.7073 | CDE@RRC.CA | RRC.CA/CONED

CELEBRATING 45 YEARS OF GROWING
JOIN US ON AUGUST 12, 2015!
10 – 7 PM
GARDEN CITY SHOPPING CENTRE

An anniversary of violence

FERGUSON

Police shoot young man, claim they were returning fire

A man who authorities say opened fire on officers in Ferguson, Mo., on the anniversary of Michael Brown's death was critically wounded when the officers shot back, St. Louis County's police chief said early Monday.

Chief Jon Belmar said at a news conference that officers had been tracking the man, who they believed was armed, during a protest marking the death of Brown, the black, unarmed 18-year-old whose killing by a white Ferguson police officer touched off a national "Black Lives Matter" movement.

The man approached the officers, who were in an unmarked police van, and opened fire, Belmar said. The officers returned fire from inside the vehicle and then pursued the man on foot when he ran.

Jonathan Tremaine kneels on the steps of the Thomas F. Eagleton Federal Courthouse at the start of a protest outside the building, Monday, in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

The man again fired on the officers, the chief said, and all four officers fired back. He was struck and fell.

The man was taken to a hospital, where Belmar said he was in "critical, unstable" condition. Authorities didn't immediately release the identities of anyone involved, but Tyrone Harris told the St. Louis Post-Dispatch that the injured man was his son, 18-year-old Tyrone Harris Jr.

None of the officers was seriously injured. All four have been put on standard administrative leave. They were not wearing body cameras, Belmar said.

The shooting happened shortly after a separate incident that the chief called "an exchange of gunfire between two groups" rang out around 11:15 p.m. Sunday while protesters were gathered on West Florissant Avenue, a business zone that saw rioting and looting last year after Brown's killing. The shots sent protesters and reporters running for cover.

> **There is a small group of people out there that are intent on making sure that peace doesn't prevail.**
> St. Louis County Police Chief Jon Belmar

The chief said an estimated six shooters unleashed a "remarkable" amount of gunfire over about 45 seconds.

Belmar waved off any notion that the people with the weapons were part of the protest.

"They were criminals. They weren't protesters," he said.

The man who fired on officers had a semi-automatic 9 mm gun that was stolen last year from Cape Girardeau, Missouri, according to the chief. THE ASSOCIATED PRESS

RESEARCH

Growing salad in space

These are the salad days of scientific research on the International Space Station. On Monday, for the first time astronauts munched on red romaine lettuce that they grew in space.

After clicking their lettuce leaves like wine glasses, three astronauts tasted them with a bit of Italian balsamic vinegar and extra-virgin olive oil.

Astronaut Kjell Lindgren pronounced it awesome, while Scott Kelly compared the taste to arugula. They talked about how the veggies added colour to life in space. THE ASSOCIATED PRESS

Red romaine lettuce from the ISS's vegetable growth system. NASA/THE ASSOCIATED PRESS

THE UNIVERSITY OF WINNIPEG | Professional, Applied and Continuing Education

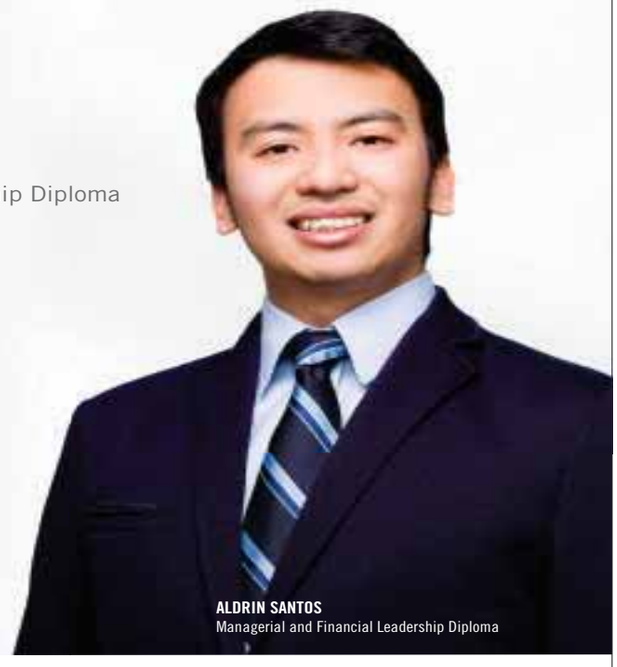
INVEST
— IN YOUR —
FUTURE
YOU'RE WORTH IT.

Full-time, year-long program:
Managerial & Financial Leadership Diploma
Become a leader in the financial management sector!

Starts in September -
Now accepting applications

More information:
204-982-6633
pace.uwinnipeg.ca

INNOVATIVE CAREER-FOCUSED TRAINING



ALDRIN SANTOS
Managerial and Financial Leadership Diploma

PACE.UWINNIPEG.CA

Celebrating the old and new

Wednesday is the 45th anniversary of the Garden City Shopping Centre

CONTRIBUTED

Garden City Shopping Centre is celebrating its 45th anniversary Wednesday to thank the community for almost half a century of support and loyalty.

To commemorate the event, a Kids Zone will be open in the mall from 10 a.m. to 4 p.m., where families are welcome to enjoy performances, a Play Doh play centre, and face painting. This includes two special shows by Toopy & Binoo, and a meet-and-greet with my Little Pony and Play Doh characters.

"It's all about celebrating the past and the future," says Olga Pogrebinskaia, the event's organizer and the mall's marketing co-ordinator. "We're excited about 45 years of growth."

The festivities will include cake at noon, and live performances, including the D'arcy Stearns Band, Russell Lee, and Latin Fusion. Families also have the chance to enter a variety of draws and giveaways. Event times and more details can be found online at shopgardencity.ca.

"We just want to say thank you and give something back," Pogrebinskaia says.

Garden City Shopping Centre has seen many changes since 1970, when it first opened. Extensions have been added and stores opened, but some things have remained the same, most importantly a sense of community and safety.

"We have a program called the Red Dot Safe Spot," Pogrebinskaia says. "It's a play on the 'you are here' dot that you see on mall maps."

The anti-bullying initiative, which launched in April, requires tenants and employees of the mall to respond to and report any instances of bullying.

"Malls are a place where teenagers hang out and we want to make sure that it's a place that they are safe."

Pogrebinskaia says the future is busy for Garden City, which is expecting new tenants to move in over the next year. In addition, the new soccer complex being added to the Garden City Community Centre next door will bring more traffic and shoppers to that end of the city.

For more, visit shopgardencity.ca.

– Alana Trachenko

YOUR COSY COFFEE SHOP

CONTRIBUTED

For Garden City Shopping Centre regulars, Sheffield Express is the place for a coffee break. Nestled on the east side of the building, the shop has been providing coffee, pastries, newspapers and lottery tickets to customers for the last 15 years. Sheffield recently signed another 10-year lease with the shopping centre.

Bob Holowick, Sheffield's owner for the past nine years, says Garden City has evolved, and while it is still a community mall, it is being visited more for retail and service.

"Every year, the mall seems to be getting busier and busier and stepping up," says Holowick. "The area around the mall is becoming quite a hotbed."

According to Holowick, the Sheffield corporation feels good about investing in an extended lease in the mall.

"We're also putting more efforts forward and there will be a store upgrade and renovation this fall."

Holowick says while many customers are regulars, Sheffield is starting to see people coming in from other parts of the city, as well Selkirk and other communities north of Winnipeg. The coffee shop owner says it's not a surprise, considering Garden City's long history of customer service.

"It's really starting to blossom here."

The store has an intimate home of 700 square feet, a size that seems to be particularly attractive to customers. The effect is cosy, something for which any good coffee shop strives. "Bigger is not necessarily better. There's nothing worse than having a great big store and having it empty."

Sheffield is sticking to its accessible design while other coffee shops expand into larger spaces.

"Over the years, it's become more about flat-screen TV's and fireplaces, it's kind of what everyone expects. In a few more years, there's going to be another direction that everything's going to go."

– Alana Trachenko

45 YEARS OF GROWTH

Garden City Mall — a shopping centre, a meeting place and one of the building blocks of the north side of Winnipeg.

It has been in the middle of the rapidly changing community of Garden City, as well as surrounding neighbourhoods. It has also played a large role in shaping those areas.

"When the mall opened, it was just this building, and then Prairies," says Lloyd Burdett, the mall's operations manager.

"At first, we didn't have the Seven Oaks Hospital, the strip mall across McPhillips Street, or even the Superstore down the road."

Seven Oaks Hospital was founded in 1981, and the adjacent Wellness Institute opened in 1996. The shopping centre made Garden City an attractive place for apartments and condos, and, subsequently, other businesses came to the area.

Burdett began working at Garden City Shopping Centre 43 years ago as the night supervisor, and has seen the mall and the surrounding skyline change numerous times. He was excited for the opportunity to work as the operations manager, where he is in charge of helping new stores come into the mall and do any construction that is needed.

After so many years, the mall vaguely resembles the place it was.

"What hasn't changed?" Burdett says with a laugh.

While some tenants have made permanent homes in the mall, most stores have changed since the mall's opening in 1970. A&W, Manchu Wok and Garden City Hair Stylist are among the few that have remained open since the beginning.

Burdett says the mall is a friendly place to go, and throughout the years it has been a safe place for families to shop.

"There's something for everyone," Burdett says. "There's Canadian Tire for dad, Winners for mom and EB Games for the kids. That one's my favourite."

The centre has always been accessible, thanks to its ample parking and one-level layout. It's an easy mall to walk around in, particularly during the cold winter months.

"We open for mall walking at 6:30 a.m.," Burdett says. "Though we try to encourage people to come later so they can buy a coffee as well."

Burdett loves that the nature of Garden City is that it's constantly changing. "My job is seasonal, never the same."

– Alana Trachenko

2 pm .... Toopy & Binoo Show
3 pm .... My Little Pony Meet & Greet
5 pm .... Russell Lee Performance
6 pm ... Latin Fusion Performance

FEATURING
Play-Doh Play Centre
10 am – 4 pm
Face painting
10 am – 4 pm

CELEBRATING 45 YEARS OF GROWING

CELEBRATING 45 YEARS OF GROWING

FREE ACTIVITIES AND GIVEAWAYS FEATURING:

- *Kids Zone with Toopy and Binoo performances, my Little Pony and many more*
- *Cake*
- *Russell Lee performance*

JOIN US ON AUGUST 12, 2015!
10 – 7 PM

GARDEN CITY SHOPPING CENTRE

Check out **ShopGardenCity.ca** for more info or follow us on:

@GardenCityWpg

HUNGARY

Asylum requests double

Hungary has received 110,000 asylum requests so far in 2015, more than double the total for all of last year, the head of the country's immigration office said Monday.

Zsuzsanna Vegh said registered asylum seekers were directed to one of Hungary's refugee centres to await decisions over their requests, but that most leave the country before their cases are settled.

"A significant number of those who we send (to the centres) never arrives at the institution," Vegh said on state radio, adding that they were now sheltering some 4,500 refugees, double their normal capacity.

Hungary received 42,777 applications for asylum in 2014.

Alarmed by the growing numbers of migrants, Hungary's government is building a 175-kilometre fence on the border with Serbia, which is scheduled to be finished by Aug. 31.

Planned to be 4 metres high, for now only three strands of razor wire have been laid out on sections of the border where the government says human traffickers are most active. An Associated Press video journalist saw galvanized steel posts and rolls of wire mesh in the border area, expected to be assembled soon.

In Budapest, hundreds of migrants gathered near the city's main railway terminals, waiting to go to a refugee centre or to countries further west in the European Union, such as Germany or the Netherlands.

Sitting at Pope John Paul II Park, near the Keleti train station, a 26-year-old man from the Syrian city of Homs said the fence would not deter those escaping war and extreme poverty.

"We have mostly walked over 3,000 kilometres to come to Europe," said the refugee who would give only a nickname, George. "Some wires are not going to stop us."

Hungarian national police say they detained an average of 1,530 migrants a day in the week before the fence construction began on Aug. 3. In the week since, the daily average was 1,543.

Babar Baloch, spokesman for the UN's refugee agency in Central Europe, said the number of refugee families with young children was rising.

"The trend is clearly that the refugees are on the move," Baloch said, adding that his organization was also encountering more and more unaccompanied children whose parents, in one example, had died after their boat capsized near Greece.

THE ASSOCIATED PRESS

Greek coast guard saves 1,417 migrants from sea

GREECE

Hundreds more reach coast and walk to main towns

Greece's coast guard rescued more than 1,400 migrants near several Greek islands in the eastern Aegean Sea over the past three days as the pace of new arrivals increases, authorities said Monday.

Tens of thousands of people, many of them fleeing conflict in Syria and Afghanistan, have been making their way from the Turkish coast to nearby Greek islands in inflatable dinghies, overwhelming cash-strapped and understaffed authorities on the islands. The vast majority then head to mainland Greece and from there, try to reach more prosperous European Union countries by either walking across the Balkans from northern Greece, or sneaking onto Italy-bound ferries from the west.

The 1,417 migrants rescued between Friday morning and Monday morning were picked up at sea in 59 incidents off the coasts of the islands of Lesbos, Chios, Samos, Agathonisi and Kos, the coast guard said.

Those figures do not include the hundreds of others who manage to reach the islands' coasts themselves, walking to the main towns to turn themselves in to local authorities and receive registration papers.

The increasing pace of arrivals comes on top of the roughly 124,000 migrants who reached the Greek islands by boat in the first seven months of 2015. In July alone, there were 50,000 arrivals, about 70 per cent from Syria. Most land on five islands: Lesbos, Chios, Kos, Samos and Leros.

124,000

Roughly 124,000 migrants reached the Greek islands by boat in the first seven months of 2015 — a 750 per cent increase from the same period last year, according to UNHCR.

In all, 156,726 migrants had been arrested for entering or remaining in the country illegally from January through July this year, compared to 32,070 for the same period last year, the Greek police said.

The numbers have overwhelmed cash-strapped and understaffed police and coast guard officials on the islands, where authorities are unable to keep up with the new arrivals and process them fast enough, leaving many living on the streets or in precarious temporary shelters.

Tension has often escalated on several of the islands, with fights breaking out among groups of migrants, or between migrants demanding faster processing and coast guard or police officers.

THE ASSOCIATED PRESS

Migrants wait behind a fence for a registration procedure outside a police station at southeastern island of Kos, Monday. YORGOS KARAHALIS/THE ASSOCIATED PRESS

HMS HOOD

Bell recovered from ship sunk in WWII

An American philanthropist and investor has recovered a bell from a British battleship that was sunk in the North Atlantic during World War II.

A team led by Microsoft co-founder Paul Allen retrieved the bell from the HMS Hood, once the largest warship in the world and the Royal Navy's symbolic flagship. The Hood was sunk by the German ship Bismarck in the Denmark Strait between Greenland and Iceland in 1941. All but three of the Hood's 1,418-strong crew perished.

A first attempt in 2012 to recover the bell from the wreck — lying at 2,800 metres (9,186 feet) deep — failed because of poor weather conditions and technical difficulties. Britain's Royal Navy and Allen's website said Monday a second try, using a remotely operated vehicle and working with shipwreck search company Blue Water Recoveries, succeeded on Friday.

THE ASSOCIATED PRESS

IN BRIEF

Teacher faces sex charges

A former teacher who was arrested in January over accusations of having sex with two students now faces more charges. The Louisiana Attorney General's Office says 40-year-old Kimberly Cooke was booked Friday on five counts of carnal knowledge of a juvenile. It was her second arrest on sex charges. It remained unclear Monday whether the five counts involve the same students.

THE ASSOCIATED PRESS

STUDY

Parasite in tadpoles just one more threat

Scientists have identified a new problem for amphibians, which are already shrinking in numbers: A parasite is infesting tadpoles worldwide.

The family of parasites, related to a bug that attacks oysters, has been found in the livers of frogs and tadpoles on three continents and in both temperate and tropical climates.

Researchers linked it to a mass die-off of tadpoles in a state of Georgia lake and probably elsewhere in the United States.

The global distribution of the newly identified threat to frogs was published Monday by the Proceedings of the National of Academy of Sciences.

Study lead author Thomas Richards said amphibian numbers are already falling because of habitat loss, climate change, fungus and other diseases.

He said this new parasite is just one more threat.

THE ASSOCIATED PRESS

One of the Hindu pilgrims injured in a stampede during a Hindu religious festival at a temple in Deoghar town is brought for treatment at a hospital in Ranchi, Jharkhand state, India, Monday. SASANKA SEN/THE ASSOCIATED PRESS

Eleven killed, 24 injured in stampede at Hindu temple

INDIA

Thousands take part in month-long festival

A stampede at a temple during a Hindu religious festival left at least 11 pilgrims dead and dozens injured early Monday in eastern India, police said.

Thousands of people tried to force their way into the temple when its gates opened at daybreak in Deoghar, a town in Jharkhand state, said police officer Subodh Kumar

At least 11 pilgrims, including eight women, died and another 24 were injured, Kumar said. The injured were being treated at a local hospital.

He said tens of thousands of people were participating in a month-long festival at the temple of Shiva, the destroyer, one of the main deities of Hinduism.

Nidhi Kumari, a pilgrim who was waiting to enter the temple, said "suddenly there was a push and we all fell down." She managed to escape the crush.

Dilip Kumar, another devotee, said he saved himself by running away from the crowds in the town 255 kilometres south of Patna, the capital of Bihar state.

> **Suddenly there was a push and we all fell down.**
> Nidhi Kumari, a pilgrim

Deadly stampedes are fairly common during Indian religious festivals, where large crowds gather in small areas with few safety or crowd control measures.

In July, 27 people died when tens of thousands of pilgrims taking part in a Hindu religious bathing festival triggered a massive stampede on a riverbank in southern India's Andhra Pradesh state.

In October 2013, a stampede in Madhya Pradesh state in central India killed more than 110 people, mostly women and children.

THE ASSOCIATED PRESS

NEPAL

Protests over new charter

Police in Nepal fired at demonstrators protesting a proposed constitution on Monday, killing at least two and wounding 12 others, an official said.

Police official Rajesh Lal Karna said officers were forced to open fire because hundreds of protesters had defied a curfew order and were attacking government buildings and private homes in the town of Surkhet in western Nepal.

The demonstrators were protesting a government-proposed clause in the draft constitution that would split the midwest region to create new states.

The constitution, which is in the process of being finalized in the Constituent Assembly, would create six federal states.

Nepal has been governed under an interim constitution for seven years. A new constitution was supposed to be written by a Constituent Assembly elected in 2008, but it failed to finish the task, and another assembly elected in 2012 has also struggled because of disagreements among political parties.

THE ASSOCIATED PRESS

IN BRIEF

Pakistan urged to crack down on insurgents

Afghan President Ashraf Ghani has called on Pakistan to crack down on Taliban insurgents after a suicide car bomb attack near the airport in Kabul killed five people. Since assuming office a year ago, Ghani has pursued closer relations with Pakistan, hoping that it could use its influence with the Taliban to bring the insurgents into peace negotiations. THE ASSOCIATED PRESS

SHOP HERE
GET TO THE GAME
Shop at Portage Place Shopping Centre, and enter to WIN A PAIR OF TICKETS to a Blue Bombers home game!*
MEET HERE. SHOP HERE.
PORTAGE PLACE
PortagePlace.mb.ca
*Look for contest signage and details in-store.

Cutting prices for moviegoers

THEATRES

Despite rising admission costs, there are tricks to saving money

Once a go-to family outing, trips to the movies are now almost as pricey as dinner at a nice restaurant.

Movie ticket prices in Canada and the U.S. have risen steadily over the last decade or so, from an average of $6.21 in 2004 to $8.17 in 2014. At Cineplex theatres, the country's largest chain, admission for an adult costs around $13; for children and seniors, it's $9 and $9.50, respectively.

And Scene, Cineplex's points-based loyalty program, recently announced changes that will make it costlier to score free premium tickets. Customers currently need 1,000 points to watch any movie for free, but under the new rules, which go into effect Nov. 4, 3D screenings or tickets to an UltraAVX or Imax feature will cost 1,500 points. Adult-only VIP shows will require 2,000 points.

Still, there are ways to reduce the cost of seeing a movie. Here are a few tips:

Stay loyal: New rules aside, a Scene membership is still an easy way to score free movies. Members receive a Scene card, which earns points for movies watched and offers discounts on snacks. There are also Scene debit and credit cards through Scotiabank. Members earn a point for every $1 spent.

Try Tuesday: Cineplex offers discounted fares on Tuesdays. Tickets for a regular screening cost $7.99. Scene members get an additional 10 per cent off.

Go indie: Rainbow Cinemas sells adult tickets for $10; kids' and senior tickets are $6 and students cost $7.

Head outdoors: There are a number of free outdoor screenings this summer.

Look for promos: Cineplex is offering a Family Favourites deal, through which families can attend a Saturday matinee of an older movie for $2.99 per ticket.

Dine wisely: Theatre popcorn and candy is marked up — so, to cut costs, consider taking your own food. For instance, major theatre chains can sell chocolate bars for $4 to $6. The same candy is available at Dollarama for $1 to $2. TORSTAR NEWS SERVICE

$13

Adult admission costs around $13 at Cineplex theatres. For children and seniors, it's $9 and $9.50, respectively.

A patron buys popcorn and a drink at a Cineplex theatre in Toronto. The cost of going to the movies has risen steadily over the last decade or so. CONTRIBUTED

IN BRIEF

Winnipeg company charged with selling unapproved drugs

U.S. government prosecutors are accusing an online Canadian pharmacy of selling $78 million worth of unapproved, mislabelled and counterfeit drugs to doctors across the United States.

An indictment charges Canada Drugs and its affiliates in the United Kingdom and Barbados with smuggling, money laundering and conspiracy.

The Winnipeg company's website describes itself as offering low prices on medicine from Canada, the U.K., Australia and New Zealand. Prosecutors say Canada Drugs began selling drugs that were mislabelled or unapproved to U.S. physicians in 2009. Most are used to treat cancer and effects of chemotherapy.

Health Canada suspended the company's establishment licence in June 2014.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS.

DIET PEPSI

Aiming for the sweet spot — just not in Canada

A revamped Diet Pepsi without aspartame is popping up on store shelves in the U.S. So will people start flocking back to the soda?

PepsiCo says its new Diet Pepsi should be available across the U.S. this week. In response to customer feedback, the company said earlier this year that it would replace the aspartame in the drink with another artificial sweetener that has less baggage.

But Canadians won't be seeing the new format. Diet Pepsi in Canada will continue to be sweetened with aspartame, the company wrote in an email to The Canadian Press.

"There are no changes to any cola beverages in Canada at this time," said Sandy Lyver of PepsiCo Beverages Canada.

The rollout in the U.S. will test the theory that the sweetener is to blame for fleeing customers, or if other issues might be at play. Other diet sodas that still have aspartame include Diet Coke, Diet Dr Pepper and Fanta Zero.

Sales of traditional diet sodas have been falling. Industry executives blame the freefall on unfounded concerns people have about aspartame. Two years ago, Coca-Cola even tested ads in select newspapers defending the safety of the sweetener.

The new cans will be marked with the words "Now Aspartame Free."

THE ASSOCIATED PRESS

market minute

DOLLAR 76.92¢ (+0.78¢)

TSX 14,466.39 (+163.69)

OIL $44.96 US (+$1.09)

GOLD $1,104.10 US (+$10)

NATURAL GAS: $2.84 US (+4.4¢)
DOW JONES: 17,615.17 (+241.79)

Red River College | School of Continuing Education
Enhance Your Employability
REGISTER NOW!
Download or pick up your copy of the Fall 2015 Course Schedule.
Visit rrc.ca/coned for more information.
Red River College
Course Schedule
Fall 2015
THE DIFFERENCE IS HERE
204.694.1789 OR 1.866.242.7073 | CDE@RRC.CA | RRC.CA/CONED

metro VIEWS
Your essential daily news
Tuesday, August 11, 2015

metro's election explainer

Can Conservatives legally outlaw travel to ISIL-controlled regions?

Maybe not, but it's murky.

What the PM says

This week, Prime Minister Stephen Harper announced that if re-elected he would make it a criminal offence to travel to regions he called "ground zero for terrorist activity," particularly, members of his party later said, the parts of Syria and Iraq controlled by the group that calls itself Islamic State of Iraq and the Levant (ISIL). The measure is meant to prevent Canadians with radical views from leaving the country to join armed groups abroad. A similar rule exists in Australia, though in general blanket-travel restrictions are rare in developed countries. (It's unclear how useful this ban would be, because the House of Commons passed a bill in 2013 that made it explicitly illegal to travel to another country to commit a terrorism offence.)

What other leaders say

Opposition leaders have dismissed the move as campaign-season bluster. Justin Trudeau accused Harper of trying to distract Canadians from the wobbly economy, while Thomas Mulcair said, "There's little evidence to show that this will have a concrete effect."

What the law says

Harper said travelling to conflict hot spots is "not a human right." But the proposal could find the PM at odds with the Canadian Constitution, says University of Toronto law professor Kent Roach. And that means the policy might not hold up in court if challenged under the Charter of Rights and Freedoms.

"It would limit the right of Canadian citizens under Section 6 of the Charter (of Rights and Freedoms) to leave Canada. It would have to be justified as a reasonable limit," Roach said.

What rights groups say

Some human rights lawyers are concerned the proposal promotes a guilty-until-proven-innocent mindset, while the Canadian Civil Liberties Association says it will disproportionally affect certain ethnic groups.

It isn't clear what exceptions would be allowed, but Conservatives confirmed that tourism, business and religious pilgrimages won't cut it. Even with exceptions, some groups fear the ban could put red tape and delays in the way of activists, filmmakers, journalists, people doing humanitarian or diplomatic work and those travelling to care for ill or elderly relatives.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at readers@metronews.ca.

The first stop to good transit: Transparency

YOUR RIDE
Colin Fast

The good news is the city is finally going to release all documents related to the construction of the Southwest Rapid Transit Corridor.

The bad news is it's only doing so after being ordered to hand over the information by the officer running an inquiry into the city's decision to expropriate several plots of land along the proposed route.

The even worse news is the city's attempt to keep these documents hidden was completely unnecessary. It was another sign council hasn't made enough progress toward openness and transparency, despite many promises to that effect in last year's election campaign.

Since the city decided a few years ago to build the next phase of the transitway through the Parker Lands — a largely empty strip south of the CN rail line between Pembina and Waverley — there have been questions about the route, and for good reason.

Rather than running next to densely populated neighbourhoods, the Parker dogleg will take buses through empty fields. Instead of building stations next to existing retail hubs, they'll be in the middle of industrial parks. And rather than following a straight line from downtown to the University of Manitoba, the route will take passengers almost all the way to Waverley Street before heading south.

These concerns are obvious to anyone who looks at a map. But the project has also been plagued by rumours, unsubstantiated at this point, that the Parker route was chosen to benefit developers who own property in the area.

The city and its consultants have argued the dogleg could be cheaper, quicker and simpler to build than the alternative route next to Pembina Highway. It will require fewer expropriations, offer more options for park-and-ride locations and bike paths and will eventually produce greater economic spinoffs from nearby developments.

That may all be true, but city officials have refused to produce the documents to back up their claims. And that doesn't make any sense for a government that's still recovering from a series of scathing audits of construction projects and land deals.

The transitway is the most expensive capital project in the city's history, and a critical component of council's long-term transportation strategy. It's important the public has confidence that smart decisions were made as part of the development process.

It's also essential for property owners along the route to understand why the city is taking their land away to make this transitway happen.

It's important the public has confidence that smart decisions were made as part of the development process.

City officials have said they're worried releasing too much project information might increase costs for construction or land acquisition, but it's ignoring the much greater cost of keeping the documents hidden — the continued loss of public trust.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

ROSEMARY WESTWOOD

metroview

Why there's so much bloody fuss about one on-camera kiss

This isn't the hot take.

This isn't an attempt to feed the media storm or public-shaming machine against 17-year-old Daniel Davies, who planted a kiss on the cheek of a TV reporter in Squamish last weekend, and snapped a selfie. This is an attempt to explain why we're talking about it so bloody much.

To quote one boss, "If it was a hot blonde in a bikini top kissing a man, this wouldn't be happening." The kisser wouldn't have faced the threat of the RCMP, she meant (the complaint against Davies was dropped yesterday after he apologized). A male reporter might be annoyed or pissed off, but he wouldn't turn it into a national story. There wouldn't be the hoopla.

I couldn't agree more. But that doesn't mean that reporter Megan Batchelor acted out of line by going to the police. It means you can't compare apples to oranges, or men to women.

Equality between the sexes doesn't exist.

When women live in perpetual fear of rape (ask them, they do), when their bodies are viewed as the playthings of men (still) and when violence against women remains at pandemic proportions, guess what: Women are going to be defensive over their bodies and sexuality.

And rightly so.

It's not good enough to say, "Oh, it's just a kiss!" No, it's not. It's an unwanted kiss, the kind that got 65-year-old Narinder Jain in Ottawa charged with multiple counts of sexual assault after he went on the most bizarre of sprees — a kissing spree — this summer.

It's also not good enough to wonder, "What's the big deal?" The big deal is, women in our society feel that their bodies are constantly under attack. Women who work in TV, in particular. Take the FHRITP prank.

If we didn't have rampant sexual violence, if we indeed had equality, the kiss might have been laughed off. Batchelor mightn't have taken unwanted advances to be part of a continuum of assault women fear every day. But that's not our world.

What this all means for some guy's hook-up strategy, I couldn't care less. The world is not becoming a colder place because men have to worry about not offending the women. And if even if it is, well, that's a small price for some to pay compared to the price women (and men) are paying for sexism.

If you want a society where good-natured signs of affection aren't misconstrued as sexual assault, then consider building the kind of society where women aren't living in fear of sexual assault. We could use your help.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR WINNIPEG
Elisha Dacey

ADVERTISER INQUIRIES
adinfowinnipeg@metronews.ca
General phone 204-943-9300

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE LOL
Your essential daily news
Haha, LOL is Facebook laughers least favourite laugh out loud

Harpist turns pluck into Style

VIRAL VIDEO

Emilie Kahn wins fans with cover of Taylor Swift song

Canadian musician Emilie Kahn, above, caught the attention of Taylor Swift, inset, and racked up major YouTube views with her harp version of the singer's song Style. YANI CLARKE/HANDOUT

Some musicians would do anything to capitalize on an endorsement from Taylor Swift — but that's simply not Emilie Kahn's style.

The Montrealer has gathered significant attention for her austere cover of Swift's Style, which she played on the harp. Her intimate take on the song has been posted by Time, Entertainment Weekly and BuzzFeed — not to mention Swift herself, who retweeted Billboard's post on the song.

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom.

"It's become a bit overwhelming," she conceded in a telephone interview recently, noting that she had to stop monitoring the clip's ever-climbing YouTube view count (more than 200,000 hits and counting).

"It's getting a lot of attention, which is super exciting, but it's also kind of scary just to be, I guess, famous on the Internet.

"I don't want to be known as the girl who did the Taylor Swift cover," she added. "I think with the Internet and all these clickbait websites, it's kind of easy for you to put out a video and it just becomes a piece of content for people to share.

"People are reacting really well to the video, saying this touched me and this changed my life — so that's amazing to hear. But I'm also worried that next week it'll be onto the next thing."

In fact, this should just be the beginning for Kahn.

Emilie & Ogden's debut, 10,000, is due out Oct. 2. It's cinematic and wrenching, with lyrics about "pain and heartbreak" — not necessarily autobiographical, she notes — finding an ideal vessel in Kahn's gossamer voice and mournful instrument.

The arrangements on her album are significantly fuller than her stripped Swift cover, although Kahn says her Style is an accurate indication of the intimate feel of her live show.

She chose to interpret the song because she wanted a cover in her set and she's "kind of just a big fan" of Swift.

"(Style) has a really unique mood," Kahn observed. "She writes a lot of huge pop hits, but I think they always have a really specific subject matter. This song is about the time after you break up with someone and you keep going back to each other.

"I thought that was a very interesting mood that you don't see a lot in pop music."

FAME AND A HARP WITH A NAME

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom. "It's become a bit overwhelming," she concedes.

Kahn was born in Toronto but spent her formative years in Montreal. She began writing songs as a teen but couldn't commit to an instrument, wandering from flute to piano to guitar.

She went to music school, still trying to locate her passion for piano, when she attended a concert and noticed a harpist accompanying the choir.

"It was love at first sight," recalled Kahn, noting that she's been playing for five years. "When I discovered the harp, it changed my life."

Kahn concedes that while she's stopped absorbing feedback related to her Style cover, she might be encouraged by the top-voted comment lurking on YouTube.

"I can't believe I've never heard of you before," wrote a user named Toni C. "I'm definitely buying your album in October. You're absolutely amazing!"

Informed of this, Kahn laughed: "That's nice to hear." THE CANADIAN PRESS

STREAMING

New Mindy Project won't be more risqué, Kaling says

Mindy Kaling is blissfully unaware of the numbers Hulu may be hoping for when it comes to streaming new episodes of The Mindy Project, which debuts its fourth season on the service on Sept. 15.

"To be honest, after being on network TV for 11 years, I'm kind of happy about that. I'd rather just focus on the creative and I'm happy that they're not trying to pull me into those conversations," Kaling, its creator and star, told The Associated Press Sunday.

Fox cancelled the series in May but Hulu revived it days later, asking for 26 episodes, which is the biggest season order of The Mindy Project to date.

"I'm so grateful and I just want to make the show better than it's ever been," said Kaling. "We went from 'We're never doing this show again' to having more work than ever."

The comedy itself won't change too much in its leap to the web where a new episode will be posted each week.

"I think if we really changed the show and made it more risqué and put it more on a tilt towards stuff you might find on HBO or Showtime, we would maybe turn off some of our core viewers," said Ike Barinholtz, who is a cast member, producer and writer on the series.

> **"I just want to make the show better than it's ever been.**
> Mindy Kaling

The episodes won't be under the same time constraints that exist in network television, so they will feature more of the supporting cast like Ed Weeks, Beth Grant and Xosha Roquemore. Kaling said she is happy to give them more screen time because she was a supporting player on The Office who appreciated when she had more to do.

The 36-year-old entertainer also hasn't ruled out producing TV for other people and said she would consider it if she found something she was excited by.

For now, her main priority is to her show. THE ASSOCIATED PRESS

Mindy Kaling is happy to have more work than ever. GETTY IMAGES

She's learned to love running

THE MILE HIGH RUN CLUB

Lena Dunham's coach shares his tips

Emily Laurence
Metro in New York

If you think you'll never be one of those people who runs five miles before work or trains for a marathon, don't write yourself off so fast.

Lena Dunham recently confessed she hated running her whole life — until she started training with Matt Wilpers of the Mile High Run Club. "Working with Lena was an awesome experience for me," Wilpers tells us. "I helped transform her attitude about fitness by helping her build confidence." Here, he shares how you can start enjoying it, too.

Set specific goals

If you aren't one of those people who just naturally loves to run, you need a reason to do it or it can seem a bit pointless. "Some people (set a goal) to work up to their first race, such as a 5K," Wilpers says. "Other people, like my dad, start running to improve their overall health. I think it's really important to set specific and measurable goals so you can track your progress."

Switch it up

If you think running is boring, try it in a new way. Wilpers says he grew up running the mountain biking trails in his hometown. While that may be hard to do in an urban area, cities boast amazing skyline views. Never underestimate the power of beautiful scenery to make you look forward to a run. Another new way to challenge yourself: Take a treadmill class.

Do it with a friend

Making friend-dates for a run and indulge in a post-workout smoothie gives you something to look forward to, with the bonus of holding yourself accountable to actually work out. "Before you start running with a friend, set expectations about the run so you can accomplish your goals," Wilpers says. "Then you can spend more time enjoying the company of your friend."

> **It's really important to set specific and measurable goals.**
> Matt Wilpers, running coach

Come up with a motto

Wilpers says he has lots of mottos that he lives by, but his favourite is "Sharp Body, Sharp Mind." A running motto can keep you going and also can bleed into other areas of your life. "As long as I maintain my fitness, I think clearly and make better decisions," Wilpers says.

"Not usually one to post a paparazzi shot but this fills me with pride," Dunham wrote on her Instagram account when she posted this pic. INSTAGRAM/@LENADUNHAM

BREAKUPS

Women hurt more, recover better: Study

Women endure more emotional pain when a relationship ends, but once recovered, they could be in better shape than their former other halves, a researcher says.

"Put simply, women are evolved to invest far more in a relationship than a man," says evolutionary researcher Craig Morris of Binghamton University in the U.S., who was involved in recent study on the topic. "A brief romantic encounter could lead to nine months of pregnancy followed by many years of lactation for an ancestral woman, while the man may have left the scene literally minutes after the encounter, with no further biological investment."

Most of us will experience at least one breakup that causes pain significant enough to decrease our quality of life for weeks or even months, according to the study.

Although men feel less pain, they never fully recover, according to the study — they simply move on.

It's a question of biology, says Morris, remarking that women have more to lose by dating the wrong person.

"It is this risk of higher biological investment that, over evolutionary time, has made women choosier about selecting a high-quality mate," says Morris. "Hence, the loss of a relationship with a high-quality mate hurts more for a woman."

Working with 5,705 participants spanning 96 countries, Morris and his team asked them to rate the emotional and physical pain of a breakup on a scale that represents no pain at one and ascends to 10, at which point the pain is unbearable.

Women reported higher levels of emotional pain, averaging 6.84 on the scale, while men averaged 6.58. Women's physical pain averaged 4.21 while men's was only 3.75.

For men, their evolution has led them to compete for women's romantic love, which Morris believes diminishes their pain upon losing a high-quality mate.

"The man will likely feel the loss deeply and for a very long period of time as it sinks in that he must start competing all over again to replace what he has lost — or worse still, come to the realization that the loss is irreplaceable," he says.

AFP

IN BRIEF

Research says women push their boundaries more with vacation sex

Study subjects: Over 850 women aged 18 to 50

Results: After participants filled out a survey measuring how risky they perceived certain tourist situations to be, researchers found that being on vacation makes women more open to sexual risk-taking and experimentation.

Being away also ups sexual confidence and makes ladies more likely to push their sexual boundaries.

Significance: Many of the women surveyed said that anonymity played a major role. The ability to anonymously participate in sexual fantasies was a big draw for some.

Others went as far as to say that sexual experimentation and erotic thrills were vacation musts. Researchers say that it's the departure from tight schedules, social judgment and everyday responsibilities that ultimately opens the door.

In other words, being away loosens inhibitions.

AFP

PSYCHOLOGY

This could get ugly: Unsmiling women may be judged harshly

Hadley Boltres
Metro in New York

Psychologist Susan Krauss Whitbourne wanted to look into why only women seemingly suffer from the so-called "resting bitch face" condition.

Men are more respected when they appear thoughtful. But women who don't smile automatically appear cold, according to the RBF theory, writes Whitbourne in a recent Psychology Today post.

Facial muscles constantly respond to one's inner fleeting emotions, she notes, but why do people quickly conclude personality traits based on facial expressions, not just emotions? We assume that the woman is a "bitch," a trait, rather than tired, worried, or angry, all fleeting emotions, she says.

She looks at a study from the University of Glasgow in 2014 that may give us clues into how people judge "RBF." The study assessed dominance, trustworthiness and attractiveness in different facial expressions. The researchers found that we can communicate power and dominance, but attractiveness could not increase through facial muscle manipulations.

The study only looked at men's faces, so, Whitbourne notes, so it can't tell us how perceptions of dominance in mens and women's faces differ.

"But if the RBF theory is true, women looking dominant should be perceived as less attractive than men with similar expressions," she says.

Kristen Stewart has been accused of having an RBF. GETTY IMAGES

HIGH AND LOW DOMINANCE

High dominance
Wrinkling the nose and snarling the lips, show dominance, according to the 2014 study.

Low dominance
Raising and lowering the brows, showing dimples, stretching the lips and lowering the chin.

metro SPORTS
Your essential daily news

Canada's Graham DeLaet has pulled out of the PGA championship due to a thumb injury

Osuna grounded by family

BLUE JAYS

Closer's clan behind him since he was 12, playing in Japan

Roberto Osuna looked into the stands at Yankee Stadium this weekend, and there was the welcoming smiles and support from his family there to greet his every success.

Osuna gladly admits one of the biggest reasons he's as successful as he is — he's mowing down major-league hitters at 20 years old as the Blue Jays closer — stems from the bond with his father, mother, twin brothers and sister, who made up his biggest fan group this past weekend when the Jays stunned the Yankees in a three-game sweep.

There is, however, more than simply cheers and excitement for the precocious eldest son; if there's a reason Osuna has so fluidly grasped the rigours of being a major-league closer, it all reflects back to his family.

It seems they are right there on the mound with him, making every pitch. And Osuna has kept that bond in his heart and mind, ever since he left home in Los Mochis, Mexico, as a 12-year-old, to pitch in Japan. He's always pitched against players much older than he was, even at that tender age, and it's helped him acquire the mental makeup necessary to get outs as a closer, one of the major leagues' most steely and intense jobs.

"I've been in situations when I was 16 and my dad told me, 'It's just a game, do your job and don't try to do too much,'" Osuna said of his father, Roberto Sr., a pitcher himself in the Mexican pro leagues and his son's first and forever pitching coach.

"I was in the Mexican League and I was 16 facing guys 34 years old. I was a bit nervous, especially because my dad had a new career there at the time. I faced a couple of ex-big leaguers, but to be honest, they couldn't hit my fastball. So I said they can't hit it, so what I have to do is go out and make good pitches."

Osuna is now earning a big-league paycheque, but ever since that young age he has brought home money earned through his talents, and it's helped his family stay together under one roof without added worries of working extra jobs to feed four children.

Osuna is proud of the fact his twin 12-year-old brothers, Pedro and Alex, recently shared MVP honours at a tournament in Washington.

They were at Yankee Stadium, cheering him on with sister, Angie, 16, mom, Guadalupe Qintero, and his father.

Father and son sat down to dinner in Manhattan to discuss baseball, and the son heard a familiar refrain from the father: do your job and don't try to do too much.

"(Roberto Sr.) came to New York (this past weekend) and we had a talk. We went out to dinner and I had made some mistakes against Kansas City and Minnesota, and he said to me, 'Don't try and do too much. You have 97 m.p.h., go out and make the pitch.'" TORSTAR NEWS SERVICE

Roberto Osuna has taken the reins as the Blue Jays closer at the age of 20.
STEVE RUSSELL/TORSTAR NEWS SERVICE

NOTES

Donaldson, Price named AL co-players of the week
Third baseman Josh Donaldson and starting pitcher David Price were named the American League co-players of the week on Monday.

Donaldson batted .385 (10-for-26) with nine runs scored, two doubles, five home runs with eight runs batted in over from Aug. 3 to Aug. 9.

Price went 2-0 with a 0.60 earned-run average and 18 strikeouts in 15.0 innings pitched in his first two starts with the Jays.

Stroman gets good news
Blue Jays pitcher Marcus Stroman, who tore the anterior cruciate ligament in his left knee during spring training, has been cleared to throw off the mound.
THE CANADIAN PRESS

10
Osuna notched his 10th save of the season on Sunday

IN BRIEF

NHLPA files grievance over Richards' termination
The NHL Players' Association has filed a grievance on behalf of centre Mike Richards, contesting the termination of his contract by the Los Angeles Kings.

The Kings terminated the final five years of Richards' contract on June 29, saying the two-time Stanley Cup champion committed "a material breach" of his deal.

The team and Richards have said nothing else about the circumstances of his termination. But Richards was expected to fight it, since he was due another $22 million.
THE ASSOCIATED PRESS

Probe into Kane involves woman in her 20s: Source
A person familiar with the police investigation of Chicago Blackhawks star Patrick Kane tells The Associated Press that it involves something that happened between the player and a woman in her 20s.

Patrick Kane
GETTY IMAGES

The person spoke on condition of anonymity Monday because authorities have not revealed any details of the investigation being conducted by Hamburg police.
THE ASSOCIATED PRESS

Receiver Diontae Spencer had a breakout game in the Argos' 30-26 win over the Roughriders on Saturday in Toronto.
FRANK GUNN/THE CANADIAN PRESS

CFL

Boatmen up to their necks in receivers

Good CFL teams stockpile talent like wise investors who save cash for a rainy day.

So when it rains, like it's done both figuratively and literally for the Toronto Argonauts, they've got some insurance.

The Argos keep losing star receivers to injuries, but each time a Chad Owens, Andre Durie or Anthony Coombs goes down, the team reaches into its reserves to plug the hole.

The latest loss is Kevin Elliott, who is doubtful for Friday's game in Winnipeg.

The injury-racked Argos had a walkthrough on Monday at Downsview Park before a cloudburst sent the players scattering.

Head coach Scott Milanovich, in going with a film session and light field work, wanted to rest sore muscles after a 30-26 victory over the Saskatchewan Roughriders on Saturday.

Owens did not participate on Monday because his injured ankle is still swollen.

With Elliott doubtful due to a rib injury, Kenny Shaw is the next receiver in line. Pretty soon the well may run dry.

HOT HANDS

Import receivers Diontae Spencer, Kevin Elliott, Vidal Hazelton and Tori Gurley have accounted for 11 of the Argos' 15 receiving touchdowns this season.

Against the Riders, the Argos reached into their reserves to find a gem in Diontae Spencer, who in his first CFL start made five catches for a game-high 94 yards, including a 52-yard go-ahead touchdown.

"Diontae having that much success didn't surprise any of us," quarterback Trevor Harris said Monday. "He flashed early in camp."

Spencer signed with the Argos last December after he was released by the St. Louis Rams.

In the off-season, he trains with close friend Odell Beckham Jr. of the New York Giants.

"He wanted to see the touchdown, so I sent him the video after the game," Spencer said. "He was excited for me."
TORSTAR NEWS SERVICE

RECIPE Baked Chicken Caprese with Bocconcini and Tomato

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Serves 4
Ready in
Prep time: 10 minutes
Cook time: 17 minutes

Ingredients
- 8 boneless, skinless chicken thighs
- 1/4 cup all-purpose flour
- 2 Tbsp grated Parmesan cheese
- Salt and pepper
- 2 tsp vegetable oil
- 6 oz bocconcini cheese, sliced into 8 thin slices
- 2 plum tomatoes, sliced horizontally into rounds (1/4" thick)
- Chopped fresh basil
- Balsamic Glaze (optional)
- 1/3 cup balsamic vinegar
- 2 Tbsp maple syrup

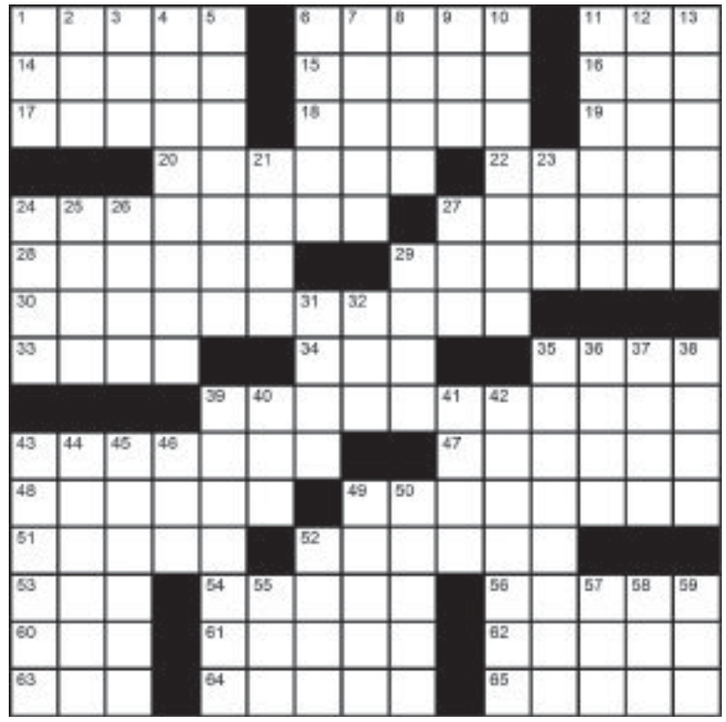
Directions
1. Preheat oven to 400 F.
2. Place flour, Parmesan and salt and pepper in dish. Coat chicken in mixture on both sides.
3. In a large hot skillet, sprayed with vegetable spray, add oil and sauté chicken just until browned on both sides, about 5 minutes.
4. Place chicken in baking dish. Baked for about 10 minutes or until chicken reaches 165 F.
5. Place cheese over top chicken.
6. Set oven to broil. Add chicken dish back in oven and broil for 2 – 3 minutes until cheese melts.
7. Garnish with tomato and fresh basil.
8. Glaze: In a small skillet, add balsamic vinegar and maple syrup. Bring to a boil and cook for 1 – 2 minutes, just until bubbles cover entire surface. Drizzle over chicken.

Nutrition per serving
- Calories 290
- Protein 10g
- Carbohydrates 40g
- Total fat 11 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canadian pickles brand
6. Chocolate substitute
11. Booker T.'s backup
14. Gregorian __
15. "Drop me _ __." (E-Mail me!)
16. Ginger __
17. Voyageur's craft
18. "Rasputin": 1978 disco hit for __ M
19. Hockey great Mr. Robitaille
20. Encrusting
22. Pontificate
24. The Ugly __ by Hans Christian Andersen
27. Eaten away
28. Resounded
29. Washing __
30. Name of Quebec's flag
33. Gus Van __ (Film director)
34. __-Tac-Toe
35. Restaurant receptacle
39. _'__ __ (Thingy on the last letter of the answer to #30-Across, as well as on the last letter of #10-Down's answer)
43. Madonna song with a beach music video
47. Older, to a Scot
48. Teacher's correcting pen content: 2 wds.
49. Most weepy
51. Vocally drop a sound/syllable from a word, as per Rockin' instead of Rocking
52. Oscar-winning actress Hilary's
53. Western prov.
54. HBO political satirist Bill
56. French writer Mr. Zola
60. Address book no.
61. There's __ __ to it (It requires some finesse)
62. Up-and-coming Canadian singer/songwriter Francesco
63. Poetry's 'Before'
64. Stage in a dragonfly's life cycle
65. Rap star, __ Dogg

DOWN
1. E-Mail sending option [acronym]
2. Smashing Pumpkins co-founder James
3. Pepsi holder
4. Blow to end the boxing bout
5. Thief
6. Mountain retreat
7. Sing-__
8. Tree growth indicator
9. 1969 Three Dog Night hit
10. Sasha Fierce's alter ego
11. Country in Africa where Lilongwe is the capital
12. __-free bread
13. Break from a group
21. Captain William __ (Sailor hanged for murder and piracy in 1701)
23. Go team!
24. Meanings of words [abbr.]
25. Calif. campus
26. CBS' "Big Brother" host Julie
27. Station fuel
29. House critters
31. Carve into stone
32. Driver's need, briefly
35. Amulet
36. Drive
37. Many a moon
38. Portable dwelling of Mongolia
39. Offensive __ (Football position)
40. Call upon
41. Flatbread variety
42. Flops
43. Produce
44. Joseph __ (Catch-22 novelist)
45. What food is
46. Eliminate
49. Jerk
50. Orbiting astronaut's view
52. Deception
55. "Pick a card, __ card..."
57. '90s judge
58. Mr. DiCaprio, to pals
59. Clairvoyance, commonly

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You honestly believe there is nothing you cannot do and that may be true, but don't get so carried away with your own brilliance today that you miss a small but important detail.

Taurus April 21 - May 21
If you rely too much on other people now you will no doubt regret it later on when you discover that they don't know what they are talking about. Sometimes you can be a bit too easygoing.

Gemini May 22 - June 21
Even if you expect the unexpected over the next few days there will still be something that catches you out. The good news is it will be something you like.

Cancer June 22 - July 23
Everything is so quiet at the moment that you could be lulled into a false sense of security. Be careful you don't agree to something that is not in your best interests. You don't have to go along with what others want.

Leo July 24 - Aug. 23
You are entitled to feel pleased with yourself for what you have done, but what you have achieved in recent weeks is only the first stage.

Virgo Aug. 24 - Sept. 23
Your mind has been a bit muddled of late, so don't make any hasty changes. Jupiter's move into your sign today means good things are sure to come your way, but there is no time limit on success.

Libra Sept. 24 - Oct. 23
You seem to be finding it hard to put your thoughts into words at the moment but it could work in your favour as it means you are less likely to give away any secrets.

Scorpio Oct. 24 - Nov. 22
You have come through difficult times relatively unscathed and, more importantly, with your head held high, but don't get carried away because there are more challenges to come.

Sagittarius Nov. 23 - Dec. 21
Are your ideas touched by genius? Some say so, while others say you are mad. But who cares what other people think? It's what you want that matters.

Capricorn Dec. 22 - Jan. 20
The more reserved you have been in recent weeks the more likely it is you will give in to wild abandon. Don't worry too much if you make a spectacle of yourself.

Aquarius Jan. 21 - Feb. 19
You need to admit that you have taken a turn that you did not intend. You need to go back and do something about it. Unless you are enjoying this unexpected diversion.

Pisces Feb. 20 - March 20
Nothing in life happens without a reason and if you bear that thought in mind it should make it easier to deal with an event that on the surface seems senseless. Something sparked it off.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9		6			2	
	4				5			8
8				7	1			
						2	7	
5		4				1		3
	7	3						
			2	8				5
1			3				8	
	2			5		6		

We want YOUR opinion!
Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a $25 gift card.
metronews.ca/panel
metro

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Advance Your Career

CONTINUING EDUCATION OFFERS:

- Innovative programming
- Instructors with industry experiece
- Flexible delivery options (in-class, online or on-site)
- Hands-on learning and opportunities to gain practical skills
- Industry-recognized certifications

REGISTER NOW!

Download or pick up your copy of the **Fall 2015 Course Schedule.**

Visit **rrc.ca/coned** for more information.

THE DIFFERENCE IS HERE

204.694.1789 OR 1.866.242.7073 | CDE@RRC.CA | RRC.CA/CONED